



# Freshstart<sup>®</sup>

## *Participant's Guide*





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## Purpose

### The Facilitator's Role

#### Welcome!

The American Cancer Society welcomes you to ***Freshstart***! Congratulations on taking your first step toward becoming a former smoker! We encourage you to take the next step to a smoke-free lifestyle by reading Session 1 of this guide.

### Your Role as a Participant

Your role in the ***Freshstart*** program is to quit smoking and learn how to stay quit for life. You will help other participants a great deal by coming to each meeting prepared to share your experiences and ideas about stopping smoking. It is critical that you attend all four sessions for two reasons:

1. You will learn a lot from the sessions, regardless of whether stopping smoking is easier or more difficult than you had expected.
2. Your mere presence is crucial for you and your fellow participants.

#### Freshstart Participant's Guide

There are four sections in your ***Freshstart*** Participant's Guide. These sections correspond with the topics discussed in the four group sessions you should attend. Because ***Freshstart*** is an intense program packed with information, it is suggested that you read assignments following each group meeting to help you keep in mind what was discussed. Throughout the group sessions, you will be asked to complete brief written exercises designed to be informative and fun.

## Session 1

# Understanding Why You Smoke

**Participant Objective:** "It is my goal to understand why I smoke and how smoking affects those around me."

## Understanding Why You Have an Addiction and How to Quit

Do you smoke within the first 15 minutes after you wake up every day? Would you still smoke if you were sick in bed most of the day? If you have quit or tried to quit in the past, did you feel withdrawal symptoms or cravings? If you answered "yes" to these three questions, then you make up the majority of smokers who smoke because of a strong physiological need for nicotine in cigarettes and other tobacco products. This need is referred to as nicotine dependence, or nicotine addiction. People who are dependent on nicotine will experience withdrawal symptoms when quitting.

Nicotine is as addictive as cocaine or heroin. Once nicotine is brought into the body, it takes eight seconds for it to reach the brain and stimulate feelings of pleasure. Most people smoke because they are addicted to nicotine. To break free from this dependence, you must realize that you have an addiction to nicotine.

## Psychological Reasons for Smoking

Do you always smoke during a certain situation or activity? If you answered "yes," you likely smoke while:

- Driving a car.
- Talking on the phone.
- Drinking a cup of coffee.

Under these circumstances, you may not consciously think about smoking or even remember lighting up a cigarette.

Sometimes people smoke because there is a situation or place that "triggers" them to do so. Can you determine what triggers you to smoke?

- To help cope with stress or to deal with an uncomfortable situation.
- Smoking with a friend.
- To relax or to ease tension.
- To stimulate creativity.
- Because you are happy or having fun.



Ambivalence is defined as mixed emotions or feelings. There is a good chance that as you sit in Session 1, you are questioning your desire to quit smoking – the thought of “giving up” cigarettes might not seem appealing. This is normal.

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**Activity:** There are three parts to this activity:

**1. Fill out each list.**

Reasons to Quit Smoking and Reasons to Continue Smoking. Be honest and thorough. Make each list as long as you can. Take your time and be fair to both sides.

## Reasons to Quit Smoking

### Reasons to Continue Smoking

2. Review your list. Circle the most important items on *each* list.
3. Place a star next to the most important reason on your *entire* list.



Once you have finished the exercise, take time to review your list carefully. Ask yourself, “What do I want to do the most – quit smoking or continue smoking?” It may be that it is a close race, or that one list wins by a landslide. Remember that few decisions made in life are simple. If your most important answer is that you want to stop smoking, then you are ready to quit smoking.

## Activity: Quitting Reminders

On a 3'½ x 5 index card, write down the reasons you have decided to quit. Post this card in places where you are most likely to smoke (car, desk, refrigerator, etc.). This will be a reminder when you have an impulse to smoke.

## Confidence

Confidence and faith in your abilities is essential for you to be successful at quitting. Reports estimate that for nearly 70 percent of smokers, the *possibility* of failure stops them from trying to quit. ***Freshstart*** will help you take an active approach to overcome any doubts you may experience.

One of the most important purposes of the ***Freshstart*** group is for the participants and facilitator to give each other confidence and support throughout the four weeks of the program. If you have tried to quit smoking before but were not successful, know that, this time, you will not be doing it alone!

**Activity:** Make a list of fears you have about quitting smoking.

## What Fears or Concerns Do I Have About Quitting Smoking?

## Effects of Smoking on You and Those Around You

For many smokers, the serious health hazards of smoking are the main reason for wanting to stop. Maybe you are already experiencing some smoking-related symptoms such as coughing, frequent colds, or sore throats. If you have a family history of heart disease or cancer, you may be especially concerned about smoking. Know that your concerns are justified:

- Half of all long-term smokers' cause of death will be from tobacco use and half of those who die will do so between the ages of 35 and 69.
- Smokers lose, on average, more than two decades of life expectancy compared to nonsmokers.
- Those who die at age 70 or older will lose 5-10 years of life expectancy.

### Smoking is the cause of disease.

- Lung cancer and other cancers
- Heart disease
- Stroke
- Chronic bronchitis
- Emphysema

### Smoking increases the risk of developing lung cancer from environmental toxins such as radon and asbestos.

- Smokers exposed to radon have 10 times the risk of lung cancer as compared with similarly exposed nonsmokers.
- Smokers exposed to asbestos have up to 90 times the risk of lung cancer compared with similarly exposed nonsmokers.

### Smoking is harmful to your health.

- Smoking increases the risk of incontinence, cataracts, osteoporosis, impotence, and infertility.
- Smoking causes premature aging, yellow teeth, and chronic bad breath.
- Pregnant women who smoke greatly endanger the life and health of their developing child.
- Children whose parents smoke are more likely to become smokers.
- People who smoke endanger the lives of those around them. Secondhand smoke can cause lung cancer and heart disease in people who have never smoked.
- Secondhand smoke causes problems in young children – ear problems, asthma, bronchitis, and other illnesses. Every year, thousands of children are hospitalized because of illness related to exposure to secondhand smoke.



### Benefits of Quitting Smoking

If you are like most smokers, you don't realize how much you have to gain from quitting. No matter how long you have been smoking, you experience major and immediate benefits once you quit. This is true whether or not you have symptoms or disease caused by smoking. See page 28 for physical benefits gained by quitting.

### Methods of Quitting Smoking

#### Cold Turkey

"Cold turkey" means abruptly stopping all smoking. Review the following example:

Today you smoke your regular two packs and tomorrow you smoke zero cigarettes.

Any *gradual* method of stopping smoking is not cold turkey. Many successful former smokers have quit smoking cold turkey.

#### Tapering

Tapering involves smoking a fewer number of cigarettes each day. Some smokers find it helpful to taper or cut down on the number of cigarettes they smoke before quitting. Consider the following example for tapering:

- Day 1: Smokes the usual 30 cigarettes.
- Day 2: Smokes 25 cigarettes.
- Day 3: Smokes 20 cigarettes.
- Day 4: Smokes 15 cigarettes.
- Day 5: Smokes 10 cigarettes.
- Day 6: **Smoker stops smoking.**

To ensure success with the taper method, it is suggested that each day you choose to part with your "least needed" cigarettes.

Tapering reduces your level of nicotine, making it easier to quit and giving you confidence in your abilities. Be advised that this technique can be hard and that many smokers find it difficult to smoke fewer than 10-12 cigarettes per day. If you would like to try tapering, the American Cancer Society suggests you aim to decrease your number to around 10-12 cigarettes per day and then quit entirely.

#### Set a Quit Date

It is helpful to set a specific date to quit. We highly recommend making this a part of your plan. Once you select a quit date, be certain to tell as many people as you can – this will help you form your personal support group away from the *Freshstart* group. Before you select a date, take a careful look at your calendar and try not to select a date that is likely to be stressful. Examples of stressful days:

- Start of a new job
- Funeral
- The day your child leaves for college

Mark your chosen quit date on your calendar and begin to prepare yourself. Share your quit date plans with supportive family and friends. Also, consider your smoking triggers. If being with friends who smoke or if drinking alcohol is a trigger for you, consider a quit date that does not immediately put you in those situations.

Your *Freshstart* facilitator will discuss setting a quit date with you.

## Quitline®

Quitline is a telephone-based tobacco cessation program. Most Quitlines are available to users free of charge and provide callers with a variety of information and services including:

- Individualized telephone counseling
- Referral to local programs
- Educational materials

Unlike traditional cessation programs where participants are required to wait until a group forms, Quitline is available year-round. Quitline callers are from all age groups, although adults are the most common callers. Callers contacting the Quitline want to quit but usually need support or they are not yet ready to quit but want more information. To locate a Quitline in your area, call 1-877-YES-QUIT.

## Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapies (NRT) are medications that contain nicotine but not the other harmful components of cigarettes. NRTs help reduce cravings and withdrawal symptoms in smokers who are trying to quit, allowing them to concentrate on dealing with the psychological reasons behind their smoking.

NRTs are no magic bullet for smoking cessation. To be effective, they should be combined with a behavior support program like *Freshstart*; studies show that medication and support used together can double a person's chances of successfully stopping smoking.

### Types of Nicotine Replacement Therapy

#### 1. Nicotine Patch

The nicotine patch resembles an oversized adhesive bandage. The inner portion presses against the skin and slowly releases nicotine, which is absorbed into the body.

Advantages of the nicotine patch include:

- It's easy to use and you just replace the patch once a day.
- Studies show that those who benefit most from the patch are long-time smokers who have developed an extreme addiction to nicotine.



Possible side effects:

- Mild itching, burning, or tingling at the site of the patch that does not go away within an hour.
- The 24-hour patch may cause vivid, colorful dreams and difficulty sleeping. If sleep problems don't stop within three or four days, try switching to a 16-hour patch.

Discuss any side effects with your health care professional.

### 2. Nicotine Gum

Nicotine gum has a similar texture to regular chewing gum. When the gum is chewed, nicotine is slowly released into the mouth. Once chewed, the gum should be placed or "parked" between the cheek and the gum. Nicotine gum delivers less nicotine to your body than a cigarette and at a slower rate.

Advantages of nicotine gum include:

- It allows you to control when you receive a nicotine dose.
- May be better than the patch for people with sensitive skin.
- Can be chewed as needed or on a fixed schedule.

Possible side effects:

- Bad taste
- Throat irritation
- Mouth ulcers
- Hiccups
- Nausea
- Jaw discomfort
- Racing heartbeat

Discuss any side effects with your health care professional.

### 3. Nicotine Lozenge

A nicotine lozenge looks similar to a cough drop or hard piece of candy. They can be purchased over the counter at most drug stores. Similar to nicotine gum, the lozenge is placed or "parked" against the cheek where it slowly releases nicotine into the mouth. The lozenge delivers less nicotine to your body than a cigarette and at a slower rate.

Advantages of the nicotine lozenge include:

- The lozenge comes in two doses – 2mg and 4mg.
- The lozenge can be used discreetly throughout the day.
- Nicotine enters the brain within minutes.

Possible side effects:

- Difficulty sleeping.
- Upset stomach, especially if you swallow the lozenge
- Hiccups
- Cough
- Heartburn
- Headache
- Excessive gas

Discuss any side effects with your health care professional.

#### **4. Nicotine Nasal Spray**

Nicotine nasal spray is used like all other nasal spray products – by squirting mist into each nostril. Unlike patches or gum, the nasal spray is rapidly absorbed through the nose into the bloodstream. The “hit” of nicotine you get when you use the nasal spray feels more like smoking a cigarette. Nicotine nasal spray is available only with a prescription.

Advantages of the nicotine nasal spray include:

- The spray gives immediate relief of withdrawal symptoms.
- It is easy to use.
- The spray gives a quick “rush” of nicotine, which might help heavily addicted users.

Possible side effects:

- Nasal irritation
- Runny nose
- Watery eyes
- Sneezing
- Throat irritation
- Coughing

Discuss any side effects with your health care professional.

#### **5. Nicotine Inhaler**

The nicotine inhaler looks very much like a cigarette – it holds a cartridge that delivers a “puff” of nicotine vapor into your mouth and throat, where it is absorbed. The nicotine is not absorbed into the lungs like cigarette smoke; therefore, the inhaler does not give the same “hit” of nicotine as a cigarette. Nicotine inhalers are available only with a prescription.

Advantages of the nicotine inhaler include:

- The nicotine inhaler controls the amount of nicotine you get when you have an urge to smoke.
- The nicotine inhaler may be able to satisfy an urge to put your hand to your mouth.

Possible side effects:

- Coughing
- Mouth or throat irritation
- Upset stomach

Discuss any side effects with your health care professional.



### 6. Bupropion (Zyban®)

Bupropion is a prescription antidepressant that is also used to treat nicotine addiction. The drug has been shown to reduce nicotine withdrawal symptoms and the urge to smoke.

Advantages of Bupropion include:

- Some studies show that it can help reduce weight typically gained after quitting smoking.
- It is safe to use with other forms of NRT.
- Patients report fewer withdrawal symptoms (cravings, anger, anxiety, and sadness) than a placebo group.
- Smokers begin taking Bupropion before they stop smoking, which helps to reduce cravings.
- People who haven't been helped by nicotine replacement therapies may have success with Bupropion.

Possible side effects:

- High blood pressure
- Dry mouth
- Sweating
- Abdominal pain
- Agitation/anxiety
- Dizziness
- Muscle pain

Discuss any side effects with your health care professional.

Many smokers can benefit from NRT, including those who:

- Smoke more than 20 cigarettes per day.
- Smoke within 30 minutes of waking up.
- Have experienced significant withdrawal symptoms during the first week of past quit attempts.
- Have had many previous unsuccessful quit attempts.

Not everyone can use Nicotine Replacement Therapy. You should talk with your physician before you begin using NRT, if you are pregnant, or if you are being treated for a medical condition. If you do begin NRT, be sure to follow product instructions carefully.

*If you are uncertain as to which method might work best for you, take the quiz "What's the Best Way for You to Quit?" located on the American Cancer Society Web site: <http://www.cancer.org>*

## Making This Attempt Your Last

Many former smokers make several efforts to become a nonsmoker before they are successful. It is common to make five to seven attempts to stop smoking before you are successful. This information is not meant to discourage you, but to show you that you are not alone.

**Activity:** If you have tried to quit smoking in the past, the next activity will help you learn how to improve your chances of quitting for good. If this is your first attempt to stop, listening to others share their information can be a resource for you.

### My Most Recent Attempt to Quit Smoking

1. How long did I go without smoking?


2. What kept me from smoking when I quit?


3. Did I feel any improvements?


4. What felt good about quitting?


5. What was hard about quitting?


6. What led me to smoke again?




## Session 2

# Mastering the First Few Days of a Smoke-Free Lifestyle

**Participant Objective:** "It is my goal to understand how I can successfully cope with withdrawal symptoms and stress when I quit smoking."

## Withdrawal Symptoms

Many new nonsmokers report experiencing some degree of withdrawal after they have quit smoking. Withdrawal is caused by the physiological addiction of smoking. There are two things to remember about withdrawal symptoms:

- Not everyone will experience them.
- They do not last long.

These symptoms are most common in the first two weeks after quitting and are typically gone within one month. Take into consideration the years you have spent smoking and all that you will gain from quitting, and you will realize that this is a very short period of time.

## What are withdrawal symptoms?

Withdrawal symptoms are a sign that your body is repairing itself and returning to good health. Some quitters have no symptoms whatsoever and others report that withdrawal was much less of a problem than they anticipated. There are a variety of withdrawal symptoms:

### Craving

This is the most obvious and familiar withdrawal symptom. Cravings will diminish after a few days and disappear completely in about two weeks. Fight cravings by practicing the **Four D's**:

1. Take **DEEP** breaths. Close your eyes, breathe in through your nose, and breathe out slowly through your mouth.
2. **DRINK** water. Drink plenty of water throughout the day, especially during a craving. Drink it slowly.
3. **DO** something else – preferably something active. Call a supportive friend, dance, sing, write, go for a walk, chew on a carrot or an apple.
4. **DELAY** for 10 minutes. Repeat if needed – cravings only last about 20 minutes at the most.

### **Irritability/Tension**

This is a common withdrawal symptom. It is a result of the body's craving for nicotine.

### **Tingling Sensation/Numbness**

Many report a tingling sensation or numbness in their arms and legs after they stop smoking. The tingling sensations are a result of improved circulation.

### **Lightheaded/Dizziness**

An ex-smoker may feel lightheaded or dizzy due to the increased supply of oxygen to the brain now that the carbon monoxide is gone. Once the brain becomes used to functioning with a normal, healthy supply of oxygen, these symptoms will disappear.

### **Lack of Concentration**

A result of your brain adjusting to working without being stimulated by nicotine.

### **Increased Coughing**

Some ex-smokers will cough more when they stop smoking as a result of the body repairing itself. Our lungs are lined with tiny particles called cilia. Their function is to clean out the lungs. In nonsmokers, this process occurs on a regular basis but in smokers, this process is paralyzed and can only occur at night when a smoker is sleeping. When you quit smoking, cilia must work overtime to clean out the debris from the lungs – increasing the likelihood for coughing. Once the lungs are clean, your cough will leave for good. Note that this process may take several weeks from the time you have stopped smoking.

### **Increased Appetite/Weight Gain**

Smoking works as both a stimulant and suppressant. It increases the amount of calories you burn, yet reduces your appetite.

### **Additional Withdrawal Symptoms:**

- Headaches
- Restlessness
- Trouble sleeping
- Constipation

In this first few weeks after you stop smoking, try to avoid the people, places, and circumstances that trigger your urge to smoke. For instance:

1. If you typically smoke while watching TV at night, plan to go out or be busy doing something else as many nights as possible.
2. If you smoke during coffee breaks at work, take a walk outside with a friend instead.
3. If you smoke when you drink alcohol, avoid bars or social situations that may encourage drinking.



## Stress Management

Stress affects almost everyone and learning to manage it can reduce its impact and make our lives easier. Stopping smoking is stressful for most people. It requires concentration to remember not to smoke and it can be stressful to have to resist multiple temptations.

Learn to manage the symptoms of stress and to relax your body through relaxation exercises. Try these relaxation exercises:

### Exercise 1: Deep Breathing Exercise

If you have trouble balancing yourself with your eyes closed, this exercise can also be performed seated.

Stand up straight with your feet flat on the ground. Close your eyes and let your head bend forward. Let your head relax so that it naturally drops further toward your chest. Now, slowly inhale through your nose, drawing your breath deep into your abdomen. You should feel your stomach slowly expand as you inhale. Hold your breath and then slowly exhale through your nose. Repeat this exercise four times slowly. If you get dizzy, stop. When you feel ready to stop completely, open your eyes.

### Exercise 2: Muscle Relaxation Exercise

If you have had a muscle strain, you may want to sit this exercise out. If you have trouble balancing yourself with your eyes closed, this exercise can be performed seated or lying down.

Stand up straight with your feet firmly planted on the floor, eyes closed. Begin by tensing your feet as if you were grabbing the floor with your toes. Remain in this position and make the grip on the floor with your toes and feet tighter. Now, begin to move the tension up through your ankles, your calves, and into your thighs, contracting your muscles as hard as you can. Continue to move the tension up through your stomach, chest, and shoulders. Focus on driving the tension down through the arms to the hands. Clench your fists. Now, move the tension up through your neck, face, mouth, eyes, and scalp. Hold this tension for 5 seconds, 4, 3, 2, 1, and relax. Take your time and relax your whole body. When you feel fully relaxed, open your eyes.

### Other Relaxation Techniques

There are many ways to relax. Consider adopting the following additional relaxation techniques:

- Taking a warm bath
- Listening to music
- Walking
- Swimming
- Dancing
- Meditation or visualization
- Listening to relaxation tapes

## Assertiveness

In addition to managing symptoms of stress through relaxation exercises, you can benefit by learning to better manage the *source* of stress in your life. Many smokers use cigarettes to avoid dealing with stress. Whether or not you are one of these people, it is important to learn to deal with stressful situations in a constructive way.

### Be Assertive

Assertive means being able to express what you think and feel in a calm manner. Being assertive is one way to deal with stress and stressful situations. Passive people do not express what they think or feel. On the other hand, aggressive people express their feelings in a way aimed at controlling, dominating, or hurting others. Your goal is to be assertive rather than passive or aggressive.

Becoming more assertive will benefit you. You will be able to express anger more directly and easily. This is important because many new former smokers find that they have increased anger. The following are suggestions for becoming more assertive:

- Speak in direct, short sentences.
- Use phrases such as “I think,” “I believe,” and “In my opinion” to show that you assume responsibility for your thoughts.
- Ask others to clarify what they’re saying when you aren’t certain you understand them.
- Describe events objectively, rather than exaggerating, embellishing, distorting, or lying.
- Have direct and extended eye contact.
- Reach out eagerly to shake someone’s hand.

### Activity:

The following activity can help you practice being assertive.

1. List three to six stressful events.


2. List an assertive response.




3. List a passive response.

4. List an aggressive response.

Identify which response is most helpful in dealing with a particular event. Take time to complete this exercise again at home and personalize it to include stressful events that affect your life. What assertive response will you use to help manage the stressful events?

Event	Assertive Response	Passive Response	Aggressive Response
1.			
2.			
3.			
4.			
5.			
6.			



## Think Positively

Unfortunately, some stresses cannot be modified or eliminated. These situations are best handled by thinking as positively as possible. Many people find that they fall into a pattern of destructive or negative thinking. They wrongly blame themselves or circumstances over which they have little or no control. Some former smokers blame the absence of cigarettes for their problems.

Your thoughts produce your actions. Keep this concept in mind. If you feel down or tense and are thinking unpleasant thoughts, determine how you are going to respond to these thoughts so that you can be successful with your quit. (For example: **Stress:** I can't handle one more day of these cravings. **Negative Response/Action:** I cannot handle the cravings; I am going to smoke again. **Positive Response/Action:** I am going to take these cravings one day at a time and re-evaluate how I feel at the end of one smoke-free week. If I fail, I am going to gear up and try to quit smoking again.)

If your thoughts are constructive, you will experience fewer symptoms of stress.

**Activity:** In the box below, list stresses that you cannot change. Give both a positive and a negative way of thinking about the issue.

Thought/Stress	Negative Response/Action	Positive Response/Action
1.		
2.		
3.		
4.		
5.		

## Make This Time Unique

This session was designed to help you manage stressful situations in your life to help you stop smoking successfully. You are probably experiencing your first few days without cigarettes. Focus on the positive fact that this time is going to be unique because this time you are going to STOP smoking.



## Session 3

# Mastering Obstacles

**Participant Objective:** "It is my goal to master the obstacles I will face as I move in the direction of a smoke-free lifestyle."

By now you may be feeling better because you have stopped smoking. You may have more energy, be breathing easier, have a better sense of smell and taste, and be more alert. And every day you are saving the money you would have spent on cigarettes.

Take pride in your accomplishment! Quitting smoking is not an easy task. There is a chance that during this time you may have become more aware of some obstacles to staying quit. This session is designed to help you identify and overcome these obstacles.

## Weight Gain

Research shows that about 80% of individuals who quit smoking gain weight. On average, people gain about five pounds. However, for many smokers considering quitting smoking, the fear of weight gain is a serious deterrent. Keep this in mind: 56% of people who continue to smoke will gain weight, too. Weight gain should not be a deterrent, as the health benefits of quitting smoking far exceed any risks from the average weight gain that may result from quitting.

There are many reasons for potential weight gain:

1. Nicotine in cigarettes stimulates the body's metabolism. When you quit, this stimulant effect is lost, and weight gain can occur.
2. Food becomes a replacement for smoking without you realizing it.
3. The need for something in your mouth to replace a cigarette.
4. The need to do something with your hands.
5. The feeling as though you should treat yourself while you are quitting.
6. Boredom.

If your concern throughout the process of stopping smoking is weight gain, watching what you eat and being more active can help. You may even want to schedule an appointment with a dietitian to discuss developing a plan that can help you minimize weight gain.

Keep in mind that while eating well and exercising are important, your primary goal is to quit smoking for the rest of your life. If you are not currently active or watching your diet, trying to make these two additional behavioral changes can be overwhelming and discouraging. You can, however, make some easy changes in your eating and activity routines that will still enable you to keep focused on the task at hand: quitting smoking.

**Watch portion sizes**, especially of high-calorie foods. One of the easiest ways to help prevent weight gain is to pay attention to serving sizes. Many portions, in both restaurant and home-cooked meals, are too large and can quickly add up to extra pounds. Use these visuals to help you judge what a standard portion size looks like:

- $\frac{1}{2}$  cup of vegetables or fruit is about the size of your fist.
- 3 oz. of meat, fish, or poultry is about the size of a deck of cards.
- A single serving bagel is the size of a hockey puck.
- $1\frac{1}{2}$  ounces of low-fat or fat-free cheese is the size of a pair of dice.
- One tablespoon of peanut butter is about the size of your thumb.

**Keep healthy foods on hand.** Stock your refrigerator, freezer, cupboards – even your briefcase and desk drawers at the office – with healthy, low-calorie foods. Having foods like fruits, vegetables, whole-grain crackers and cereals, and low-fat dairy products available and accessible throughout the day makes it easier to avoid higher calorie choices that you might typically reach for.

**Increase your physical activity.** Physical activity is a tremendous help while you quit smoking. Being active helps you cope with withdrawal symptoms, reduce stress, and avoid gaining weight. Try using a pedometer to track progress toward your physical activity goals. A pedometer counts the number of steps you take – all you have to do is clip it to your waistband and carry on with your daily activities. Your goal should be to walk 10,000 steps by the end of the day.

Achieving a daily goal of 10,000 steps per day is equivalent to walking about 5 miles. By simply carrying out typical daily activities, most people average between 4,000 and 6,000 steps per day. Attaining 10,000 steps requires a little more effort. Put forth the extra effort during the times you want to smoke the most – go for a walk with a goal to acquire more steps.

## Friends and Family

Supportive family and friends are extremely important while quitting smoking. They can provide encouragement, distraction, humor, and warmth when you need it most. Many people find it very helpful to have one or more close friends or family members involved in their quitting smoking.

- Ask them to listen when you are expressing feelings or concerns.
- Ask them to help you stay away from tempting, high-calorie foods by suggesting, for example, fruits and vegetables instead of cookies for an afternoon snack.
- Ask them to do something physically active with you: go for a walk, ride a bike, play tennis, etc.
- Ask them to offer to do other things with you: go to the movies, a nonsmoking restaurant, a museum, etc.



